



2 February 2007

**Physical Training
and Sergeants Time Training**

1. I recently changed USAREUR policy on physical training (PT) and Sergeants Time Training (STT). The intent of this change is to give commanders more flexibility in determining when to conduct training. The new policy is as follows:

- **PT.** All units will conduct PT 5 days a week to improve physical fitness and ensure the combat readiness of our Soldiers and units. Properly executed PT is critical to increasing the overall combat readiness of the USAREUR formations that support combatant commanders.

- **STT.** Although STT is still a valid training requirement, units will no longer be required to conduct it on Thursday mornings. The time previously used for STT has been given back to unit commanders, which enables them to use the entire day to meet unit-specific requirements. With this added flexibility, commanders are now authorized to schedule STT according to their overall training strategy and to make the most effective use of available resources. Whenever STT is conducted, it must be properly planned, resources must be available, and the training must be executed to standard.

2. As with any change, the changes described above will take time for us to adjust. I ask leaders at all levels to support this new policy and ensure our Soldiers understand the reason why we are doing this: to give commanders more flexibility in conducting training.

DAVID D. McKIERNAN
General, USA
Commanding

McKIERNAN SENDS #8-07